


Indigenous Perspective of HAPPINESS in Indonesia

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Social Phenomena

- People in Indonesia:
- KEEP SMILE 
 - In many different situation
 - Positive (achievement, success, togetherness), and
 - Negative (sad, stress, doing a wrong thing)

Approach:

- Indigenous Psychology
- POSITIVE Psychology

Objectives:

- The aim of the research:
- Understand Happiness, Sadness, Anger (Positive and Negative emotion) in local context, Indonesia

Research Questions:

- **I. In your life, please list 2 events that made you very happy.**
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- ① _____ ② _____
-
- 1. Please write down the number that made you most happy? ()
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- 2. Why did the event make you very happy?
- _____
-
- 3. Were there any difficulties and problems you had to overcome?
- _____
-
- 4. Was there a person who supported you and made you happy?
- If so, please specify your relationship to the person.
- _____
-
- 5. Specifically, what did the person do to help; you and make you happy?
- _____
-
- 6. Was there a person who you shared your happiness with?
- If so, please specify your relationship to the person.
- _____
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- 7. What is the meaning that this happy event has for your life?
- _____
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- 8. Overall, what do you consider to be the most important factor contributing to your happiness?
- _____
-
- 9. In everyday life, what makes you happy?

Method (1)

- **OUR RESEARCH:**
 - a scientific study of
- human behavior (or mind) that is
 - native, not transported
 - from other regions,
- that is designed for its people
 - People's natural context.

Method (2)

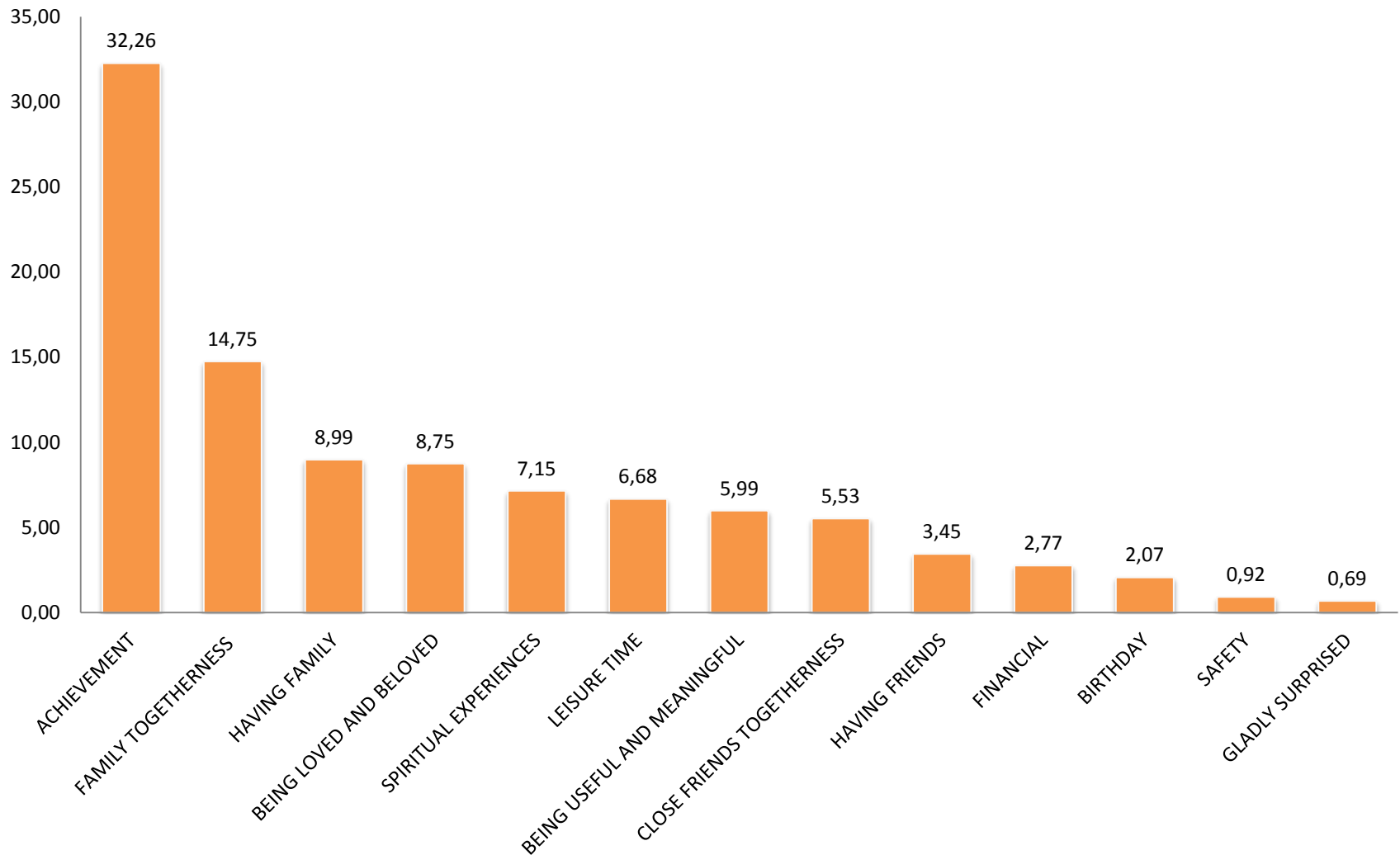
- Multi method:
 - Open ended questionnaires
 - (Kim, 2008)
- Self Efficacy scales (Bandura)
 - Qualitative and
 - quantitative approach
- Analysis: data categorization
 - Descriptive statistic

Research Results (1):

- Research Participant:
- 467 students; Senior High School students from many schools in Yogyakarta, Indonesia.

In your life, events that made you very happy...

Even that made you happy



Events that make happy (%)

ACHIEVEMENT	32.26
FAMILY TOGETHERNESS	14.75
HAVING FAMILY	8.99
BEING LOVED AND BELOVED	8.75
SPIRITUAL EXPERIENCES	7.15
LEISURE TIME	6.68
BEING USEFUL AND MEANINGFUL	5.99
CLOSE FRIENDS TOGETHERNESS	5.53
HAVING FRIENDS	3.45
FINANCIAL	2.77
BIRTHDAY	2.07
SAFETY	0.92
GLADLY SURPRISED	0.69

Five events that make happy (%)

ACHIEVEMENT	32.26
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FAMILY TOGETHERNESS	14.75
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HAVING FAMILY	8.99
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BEING LOVED AND BELOVED	8.75
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SPIRITUAL EXPERIENCES	7.15
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Conclusion

- Main Reason
 - (Integrated Category)
- People in Indonesia being Happy:

- 1. Achievement*
- 2. Family Togetherness*
- 3. Being Loved and Beloved*
- 4. Spiritual experiences.*



Javanese Concept:
**“mangan ora mangan anggere
kumpul”**

**It doesn't matter we don't any food
As long as we gather
“Collectivistic culture”**

THANK YOU

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